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soft and smooth. The surgeon's hands are thus protected from all of the deleterious effects of daily operating, which is in itself a safeguard against infection. Inoculation and bacteriologic tests are being made and will be reported in detail later. The simplicity and ease of application of this method, with its practical certainty of protection, should appeal to every operator.

[We are informed by the operating-room nurse of the Cook County Hospital that the cost of this coating for each pair of hands is about five cents.—Ed.]

THE NURSE AS A MEDICAL STUDENT

By STELLA GARDNER, M.D.

Graduate Illinois Training-School

THE nurse who takes up the study and practice of medicine has certain advantages over her fellows who have not had a like experience.

The practical knowledge about the minor details of illness and its treatment, which a nurse's training gives her, is sometimes not attained in years by the physician. A doctor seldom spends twenty-four consecutive hours with one patient; very rarely does he give his entire time to one patient during the whole course of an illness. But the nurse knows how the sick man looks and acts at three o'clock in the morning as well as at noon, in convalescence as well as at the onset. She watches every phase of the case from beginning to end, through weary days and nights, and as a result has a "clinical picture" indelibly impressed upon her mind.

As a student the nurse starts out with a vocabulary the lack of which chains her less fortunate fellows to the dictionary for at least the first year of college life. When *sub sultus tendinum* is mentioned she knows it isn't a muscle in the forearm. Then she reads of rose spots in typhoid. She knows they do not look like American Beauties. It was an alumna of Smith College, not of a training-school for nurses, who gave the dose of calomel as "one to four drachms."

A nurse's surgical training develops the aseptic habit until it becomes almost an instinct. A slip in technique is almost an impossibility to her. The general practitioner who is only occasionally the surgeon rarely attains this desirable state, however perfect his theory of surgical cleanliness.

When a nurse has watched by the bedside of many cases of pneumonia, the color, the breathing, the cough, the pulse, the posture, the mental state, the whole picture, become as familiar to her as the

face of a friend. This knowledge is as valuable in making a diagnosis of pneumonia as that gained by the stethoscope.

One who has been special nurse to twenty or fifty or a hundred laparotomies, who has watched every minute of the first three days for the faintest sign of things going wrong—such a one would know better how to make a prognosis in abdominal cases than she ever could know without this experience.

As for treatment, the nurse not only knows what to give, but she knows how to give it. There are wise men who couldn't show the helpless amateur at nursing how to make a mustard plaster or fill an ice-bag.

One of the funniest sights ever seen is a dignified medical man who could tell you all about Cæsarian sections and podalic versions trying his hand for the first time at dressing the new baby.

Two words of warning might be given to the nurse who has in mind the study of medicine: first, don't make the fact that you know this or that because you are a trained nurse prominent to your fellow-students, or they will make you wish you had never seen a training-school; second, don't think your art can supply the place of the science you are in school to learn, or that your intuitions will take the place of reason.

HOME ECONOMICS

By ALICE P. NORTON

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XII. THE COOKING OF FOOD—STARCHES

TWO VERY different views of the place of cookery and its relation to human welfare are those propounded by Socrates more than two thousand years ago and by Ruskin. Socrates says: "Cookery may seem to be an art, and it is not an art, but only experience and routine. Cookery simulates the disguise of medicine and pretends to know what food is the best for the body; and if the physicians and the cooks had to enter into a competition in which children were the judges, or men who had no more sense than children, as to which of them best understands the goodness or badness of food, the physician would be starved to death. A flattery, I deem this, and an ignoble sort of thing, because it aims at pleasure instead of good. And I do not call